

The Oamaru Telegram is printed by Oamaru Print and Copy Ltd, 146 Thames St - email telegram@oamaru.net.nz - ph 434 9651



Email: murrayandvi@gmail.com Small building alterations Bathrooms Internal plaster

# St Luke's Church

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# **CranioSacral** Therapy

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Here we are now ... it's June and still mild as I write this. It often looks like rain - but alas - only a dampening so far, so have been watering new plantings and plants that look parched. Shallow rooted Rhododendrons, Azaleas, Camellias and Maples need a good soak during a very dry Autumn. The mild weather has encouraged

another batch of weeds - I see chickweed everywhere, hoeing before it clumps will deal to it until heavy frosts arrive to wipe it out.

We have some lovely Autumn flowering Sasanqua Camellias putting on a show - it almost seems wrong with every plant nearby shutting down for Winter. You will probably see these lovely flowering Camellias on offer in Garden Centres - the perfect Shrub to add interest to a garden in late Autumn early Winter.

I have also needed to dampen my compost heaps with polythene to get things heating - old carpet covering also works well.

Roses: I picked the last bunch of Summer Roses this week we need some hard frosts to harden stems and take care of fungus and bugs. Later in the month, I will spray Lime Sulphur first which defoliates bushes, then wait several weeks before spraying Champion Copper and Conqueror Oil, usually leaving this second spray until after I have pruned in July. New seasons, bare rooted Roses arrive early in Garden Centres these days. If planting, prepare the ground by digging in old stable manure or bagged Rose mix. If planting a Rose in the same place a Rose has been growing, you will need to remove most of the soil and replace with soil from another part of the garden - disease is transferred very quickly from one Rose to another.

Peony rose tubers need to be planted now before the coldest months. If you must shift or divide established Peonies, this is the time. Peonies do not respond well to transplanting, but if planted well will require little maintenance. Choose the location wisely - full sun, shelter from strong winds, away from trees or Shrubs competing for food and moisture. Plant with eyes up (new shoot) in deep, fertile, humus-rich moist soil that drains well, spaced 3 to 4 feet apart about 2 feet deep and 2 feet wide.

Last week I mentioned new seasons trees, I will list a few worth selecting below.

For large gardens: Fraxinus (Ash) deciduous fast growing attractive shade trees 5m high in 5 years,( est )height 30 m. Golden Ash / Claret Ash and Pendulous weeping Ash. Fagus (English Beech): beautiful deciduous shade trees or hedging, 4m in 5 years (est) 30m, Fagus Sylvatica Purpurea

attractive wine leaves, Fagus Sylvatica, fresh green. Crataegus (Hawthorn) Paul's scarlet, deciduous 3m in 5 years, est 6m very hardy displaying full clusters of dark pink flowers in November.

Ginkgo Biloba: Deciduous, colourful, unique foliage, Pest and drought resistant, mature height 13-20 m / mature width 12m, one for a shelter belt.

Smaller gardens: Gingo Jade Butterflies: unusual deciduous, dwarf slow growing vase shaped tree, jade leaves. 3m high 2m wide.

Gleditsia Emerald Cascade: A very attractive weeping form, smaller growing making an ideal garden focal point. 2m high by 3m wide.

Cotinus Goggygria / Grace (smoke bush) Large spreading Shrub, stunning plum coloured leaves, plumes of smoky

pink flowers in Summer. Height 2m after 5 years / 3m when mature.

**Michelia Starbright:** Very pretty, fragrant, evergreen large Shrub with creamy-white blooms.Can be used for hedging or screening. Height 4m width 2m in 7/10 years.

Robinia Lace Lady: A deciduous, very daintily branched small leafed tree which will not not grow heavy hard wood branches or roots and can be kept to the size required.

**Vegetable garden:** Keep planting Shallots, Buttercrunch lettuce plants, Beetroot and Broad Beans and keep water up until they get settled. Cover with frost cloth to protect from frost and birds when small.

**Fruit: Tamarillos.** If lucky enough to have these in your garden, they will be hanging like jewels from almost bare branches - such a treat at this time of the year. Because the plants do not make hard wood they are frost tender, but here on the coast in a sunny location they ripen and are ready to pick now. Tamarillos will grow from tip cuttings - a bush will last for a decade if protected during Winter and prefer to be outside - not in a glass-house.

**Feijoas** are a treat right now as well - they do not ripen all at once, dropping from the bush when ripe.

**Lemon "Meyer"** are cold hardy and will fruit all year. If planting a new plant, remove all flowers and small fruit for the first 3 years to get branch work established, then it will produce for years. Plant where they get afternoon sun, feed with citrus food in early Spring and early Autumn.

**NZ Cranberry(Myrtus ugni)** has a taste combination of Strawberry, Pineapple and Apple - my Grandchildren pick and eat them whenever here. A small evergreen bush very fragrant when fruiting, can be hedged. *Cheers, Linda*.

### **North Otago Indoor Bowls results**

The Skipperdale Fours Trophy Tournament held on Friday, 24th May resulted in a win for the St Pat's team of Cliff Ormandy (s) Mary Watson, Joy Gibson and Peter Watson when they defeated the Meadowbank team of Carol Read (s), Rosey Oliver, Nancy Bell and Sharon Dunne by 6 - 5. in the final. Ten teams entered the tournament with three teams qualifying. This popular tournament is held every year and the trophy was donated by John Howard. a keen indoor bowler, in 1987 when his racehorse Skipperdale was winning many races throughout New Zealand.

On Saturday, 25th May. the Champion of Champion Pairs Tournament was held. After seven rounds of competition the winners were the Oamaru Club team of Bede Mallon (s) and Andy Blakeley with 8 points +31, and the runners-up were Wally Strachan (s) and Doreen Mavor (Awamoko) with 8 points +24.

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# Serious Crime increases in Oamaru

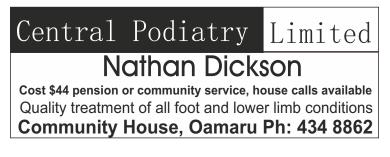
The number of serious harm cases before the courts in Oamaru has increased by 36 percent in the past 18 months, with a lack of policing being a major issue Waitaki MP Jacqui Dean says.

"I'm deeply concerned that we're seeing these frightening crime statistics in Oamaru and the wider Waitaki region, with serious harm cases up by almost a third. I'm even more worried that these incidents, which include rape, sexual assault, murder, manslaughter and drug crimes, are on the increase.

"At the end of October 2017 there were 47 serious crime cases before the courts in Oamaru, but that number had increased by 36 percent to 64 at the end of April this year. "Ms Dean says these statistics show crime is increasing and cases aren't moving through the courts as quickly. Slow moving justice has the biggest impact on victims and that's not fair on people who have already been through serious trauma.

" Labours soft on crime approach means fewer serious offenders are being held to account. We also know there are fewer police on the beat than was promised.

"These statistics are serious, and I call on the Government to do something urgently to help our region.



### When you need a Builder Visit www.oamaru.net.nz



### Let's talk about Dry Skin

Winter is creeping up on us and here at Oamaru Pharmacy we have some advice to keep you looking and feeling your best throughout the cooler months. Your skin is your largest organ and certainly the first to feel the effects of the chilly weather, those with sensitive skin or eczema will be especially prone to the effects of the cold. Cold weather can make skin conditions such as Eczema much worse, so having some goto products to ensure you put your best face forward is where we can help you.

Start with a good moisturiser. For those with sensitive skin, dermatitis or eczema, perfumes and other additives found in skin care products can further irritate the skin, Here at Oamaru Pharmacy we have a wide range we can recommend. They contain no soaps, fragrances or other common irritants found in other skin care products and have been trusted for generations. There are options suitable for all ages: from newborns upwards and will keep you looking and feeling your best this winter.

Eczema, also called atopic dermatitis, shows itself as red, scaly areas often on the insides of the elbows, backs of knees and around the wrists. It is often itchy and dry and is related to hay fever and asthma. Those with hay fever and/or asthma are more likely to develop eczema as they are all caused by over reactivity of the immune system, where the immune system attacks things that aren't necessarily harmful. To help you get the upper hand on eczema this winter, a probiotic can help by supporting the immune system and specific skin probiotics may help to reduce episodes of eczema/dermatitis especially in children.

Come and see us in store for all your healthcare needs, and be sure to check out our mailer. The team is always ready to help with friendly and knowledgeable advice at Oamaru Pharmacy- Your Pharmacy

### New Business XTO Driver Training

Our road toll is shocking and it really isn't getting any better. Having three adult children myself I know how important it is for them to be able to drive confidently but more importantly be a safe and considerate driver. Unfortunately, most lessons involve dealing with drivers that aren't very tolerant or seem to have their own take on the road rules. Identifying and reacting to such drivers is an important skill to keep yourself alive.

I've been a driving instructor for a number of years teaching people of all abilities and backgrounds, from the super nervous who never thought they would be able to drive, to school students and older adults in both manual and auto transmission vehicles. Having been a former testing officer, I also have extensive knowledge of the requirements for the practical test and I am therefore able to prepare students extremely well when it comes time for their tests. I offer lessons for people on their learners and restricted, overseas conversions, and any other training they may require. I am super friendly and conduct lessons that are fun but also informative. I have a driving school car (automatic) with dual brake but I can also do lessons in manual, in which case you will need to supply the vehicle. If you would like to book a lesson or just have a chat please call Daphne Hobson XTO Driver Training 0272622031. www.xto.nz

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### Pink Ribbon Afternoon Tea

On Wednesday 22 May thirteen people arrived at the home of local Glenavy resident, Colleen Rakiraki Steele for a pink ribbon afternoon tea, which raises awareness for breast cancer.am We knew we must be at the right house as



hanging on the gate was

a pink bra and pink ribbons!!!! All were warmly welcomed by Colleen and we handed over our baby photos to her for a competition later on.

Colleen herself, is a survivor of breast cancer and it's now 4 years since her diagnosis and treatment. She is a very positive person and I'm sure this has helped her cope so well. Our photos of when we were younger were put on a board and numbered and then came the task of writing down who was who ! My word this was harder than we thought as we have all certainly changed over the years. There were 12 photos and when we came to see who was who, the winner had only picked 4 correctly!!

There was a memory game with a number of items on a tray to look at and then they were covered and it was time to recall what we had seen. No one got them all but there were a few people who scored very well.

There were three jars of lollies and we had to guess how many were in each jar. Tricky Colleen had different types of lollies in each jar so that made it harder.

Afternoon tea was next on the agenda and what a fine array of food to choose from. A lot of the food was pink and it was quite difficult to know what to sample. There was so much food there was no way you were going to be able to have a taste of everything !!!!!

The final game was "Mouthful" which certainly caused much hilarity. A piece is inserted round the lips which stretches the mouth and then a sentence is read out which others have to try and decipher. This was much harder than it sounds but a good fun activity.

There were a few breast cancer goods that could be purchased and a box to put donations in. A substantial amount was raised and this will certainly help towards research and patient support.

Thank you Colleen for opening your home for this event and for the time and effort you put in for such a worthwhile cause.

### Kurow orchardist takes home Central Otago Young Grower

Ellen Watt from Waitaki Orchards, Kurow, has been named the Central Otago Young Fruitgrower of the Year, following a day-long competition in Cromwell today.

The competition saw six of the region's top young orchardists engage in a series of challenges designed to test the skills needed to successfully run a thriving fruit-growing business. Events included irrigation, pest and disease identification, tractor maintenance, and first aid.

Ellen co-manages the family packhouse with her older sister, oversees the spraying programme, and organises compliance audits. Ten years ago, there was nothing she could imagine that would make her an orchardist. Now, there's nothing she'd rather do. "I'm really stoked to have won," says Ellen. "Coming in this morning I had no idea how it was going to go, but I got more confident through the day and I guess that paid off."

"I'm definitely glad I gave it a go; this is a great way to really get young people working together."

Second place went to Tim Officer of Dunstan Hills, while Lyssa Jones of M A Orchards took third.

Ellen, along with four other regional Young Fruit Growers and two Young Vegetable Growers, will go on to compete for the 2019 Young Grower of the Year title in Tauranga on 1-2 October.

Horticulture New Zealand vice-president Bernadine Guilleux said that people like Ellen are exactly what the horticulture industry needs.

"Horticulture is growing and changing, and how we grow has to change with it," says Bernadine. "People like Ellen and the other competitors are the ones that will bring us into tomorrow. "We have some really exciting times ahead."

The Central Otago Young Fruit Grower of the Year competition is organised by Grant McKay, regional manager for Horticentre, and facilitated by Horticulture New Zealand. Now in its thirteenth year, the competition continues to show the value provided to the fruit growing industry by young people, and aims to encourage more to enter the sector. "It's great to see collaboration in the industry, and the support shown tonight has been incredible," says Grant. "We've got people from all over Central Otago here tonight, and everyone's here to support these young growers. "It's been another excellent event."

Prizes for the winner include free registration for the Summerfruit NZ and NZ Apples and Pears conferences, and an all-expenses paid trip to compete for the national 2019 Young Grower of the Year title in Tauranga this October.



We all want to live well as we age.

How can we do that? Over the last decade, there has been extensive research in this particulars pursuit, which includes successful ageing.

#### Dr Yoram Barak will

present a talk on the findings of research, key points to consider about our lifestyle and what it means to age successfully as an individual.

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### **REACH Church**

17 College Street Oamaru 9400

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### **Community Diary**

Wednesday 5th

Afternoon Social Housie 1.30pm Darts Hall, Ribble Street. Grey Power Ph 434 6249.

Age Concern Waitaki Golden Oldies Games; at 1:30pm in the Landsar rooms. Ph. 434 7008. Excelsior Petanque Club day, 12noon. All Welcome Ph. 437 2557 or 437 1590.

**Free JP** for certifying documents, affidavits, & declarations.11-1pm at the Public Library. **St. Pat's Indoor Bowling Club**, Athletic Rugby Clubrooms, indoor Bowls Centre, 7:15pm All welcome. Ph Mary 4347196.

Weston Indoor Bowling Club. Weston Hall 20 Main St at 7:30pm.

Yankee Indoor bowls at 1.30pm at the indoor bowls Centre Centennial park. ph Bob 4371704.

#### Thursday 6th

Awamoa Indoor Bowling at 1:30 pm. Coaching available. Enquiries to Ph. 434 5061. Friends & Neighbours welcome you at Orwell St Chapel, 10-11.30am, interesting & varied program. Ph. Valerie 437 0520.

North Otago Asthma Society Respiratory Exercise Class, 10am, St John Hall, Exe Street. Enquires Ph 437 2673.

Mainly Music – pre-schoolers/parents. 10am Oamaru Baptist, 14 Sandringham St. \$3. mainlymusic.org.nz

**Migrant meet and share,** 10:30am at the Opera House. Ph Maria 021 066 5143.

**Waitoa Park Golf Club** welcome all past & present members to afternoon tea at the clubrooms 2pm on June 6th. Members please bring a plate and a raffle.

#### Friday 7th

**AA Meeting,** Orwell St Chapel, 7:30pm, Ph. 432 4191 or 437 2928.

Johnston(e) Clan meet at 10am. All Johnston(e's) welcome. Ph 4346249 for venue. North Otago Astronomical Society's Dome open for Public viewing weather permitting, 7:30-9:00pm

**North Otago Darts:** Ribble St Hall, Housie every. 7:30 pm Start, 40 games plus Super House and Raffles.

#### Saturday 8th

**Culture Night** - 6 pm at the Waitaki Community Recreation Centre, come along for an evening of free family entertainment. Food available for purchase \$2.

**Meadowbank Stadium Community Bowls;** Friendly bowls at 14 Conway St, 1 pm. All bowlers & interested in playing welcome. Ph Graham 434 0951.

\*\*\*Oamaru on Fire \*\*\* 6-9pm Harbour St. Sunday 9th

**AA Meeting,** Orwell St Chapel, 7:30pm, Ph. 437 2928 or 437 2337.

**Excelsior Petanque Club day**, 12noon. All Welcome Ph. 437 2557 or 437 1590.

**Lions Zone 4 Speech Competition;** Fenwick School Hall. 9.45am Years 5 – 8, 12.45pm Years 9–12. Entry free. Ph 4349397 for information.

**Reformed Church Oamaru,** 4 Eden St, morning service at 10:30am, followed by Sunday School; evening service at 5pm.

**St Paul's Church,** Coquet St, service and kids club. All welcome, 10am.

#### Monday 10th

**Genealogy help by local genealogist** – at the Oamaru library 10 am – 12noon.

**The Happy Scoundrels** Over 55 Ten Pin Bowling Club, 12:30pm, Galleon Family Complex. All welcome ph. 4341463

**Steady as you go;** Preventing Falls in Waitaki. Time 10am at Reach Church Hall, 17 College Street. Age Concern Ph. 434 7008.

#### Tuesday 11th

**AA Meeting,** Orwell St Chapel, 7:30pm, Ph. 432 4191 or 437 2928.

Alzheimers Society carers meeting, Iona Home, 549 Thames Hwy 1:30-3pm.

# Age Concern Gentle Exercise Programme \$3 per person. Ph. 434 7008.

**Foster Whanau Kin Careers;** Join us for a free afternoon tea at Peter Pan Cafe, Eden St at 1:45pm. Meet our new regional coordinator. Must reply to Jillian 434 0214 by Fri 7<sup>th</sup> June.

**Meadowbank Indoor Bowls Club**: 7 pm at the Indoor Bowls Centre. ph. 4370217.

OCI Indoor Bowls, 7pm. at club. Ph4395240.

**St Pauls Indoor Bowls** 2pm start, Ph Mike 437 1294.

**U3A Waitaki, talks,** discussions for enquiring minds, 2-4pm. St Johns Hall Lounge. Ph. Linda 434 6613.

#### **Public Notices**

\*\*\*\*\*ALTRUSA FABRIC BAZAAR\*\*\*\*\* Sat 8<sup>th</sup> June 1.30–4pm, & Sun 9<sup>th</sup> 9.30am–1pm at the Scottish Hall, Tyne Street. Material, wool, craft, unfinished projects, cottons & laces, books, patchwork and a lot more on sale. Accepting donations of material, wool etc.. Ph. Helen 437 1047 for collection or drop off at Advantage Tyres..

**Oamaru Coffee Riders,** ALL riders, all abilities catered for. For ride times & venues, please visit our FB Page or ph: 021 121 4627.

#### AGM Notice

**Grey Power North Otago; AGM & Elections.** 20<sup>th</sup> June Salvation Army Lounge Thames st, 1.30pm. Help Grey Power with issues affecting older adults at the local level. Afternoon tea provided.

**Weston Progress League Inc -** AGM Mon 10th June 2019 - 7:30 pm at the Weston Hall Lounge. All Weston residents welcome.

**Oamaru Club Inc Outdoor Bowling** section AGM will be held June 10<sup>th</sup> @ 7pm. All members welcome & new members welcome

#### **Classes and workshops**

Thursday nights - Rock n Roll and Swing Dance lessons. 6.45 beginners (RnR) 8-9pm Improvers RnR and beginners Swing (Alternate weeks) \$5 each per lesson. Held at the Oamaru Club. Ph. Vanessa on 0273338824 or Iain on 0212036852

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**Rotary Mowers** going or not & catchers Ph. 021 046 0507.



20<sup>th</sup> June Salvation Army Lounge Thames st, 1.30pm. Help Grey Power with issues affecting older adults at the local level. Afternoon tea provided.

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